



Knox County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Knox County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Knox County School System that includes:

- School Health Advisory Committee meeting on a quarterly basis (59 Members)
- Seventy-nine Healthy School Teams representing the 8 components of CSH
- Staff Coordinating Council (14 KCS administrators)
- School Health Policies are reviewed annually
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 578,603.

Fifty two community partnerships have been formed to address school health issues. Current partners include:

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| ➤ AAA East Tennessee | ➤ KCHD Healthy Weight Program |
| ➤ Allergy, Asthma and Sinus Center | ➤ KCHD Rape/Violence Prevention Coalition |
| ➤ American Lung Association | ➤ Knox County Health Department |
| ➤ City of Knoxville Fire Department | ➤ Knox County PTA Council |
| ➤ City of Knoxville Parks & Recreation | ➤ Knox County SPIFFY |
| ➤ Covenant Health Community Fitness | ➤ Knox County TNCEP |
| ➤ Covenant Kid's Run | ➤ Knox County Youth Health Board |
| ➤ Downtown Optimist Club | ➤ Knoxville Area Coalition on Childhood Obesity |
| ➤ East Tennessee Children's Hospital | ➤ Knoxville Marathon |
| ➤ Fox Fitness | ➤ Knoxville Police Department |
| ➤ Greater Knoxville Nutrition Council | ➤ Knoxville Track Club |
| ➤ Healthy Kids | ➤ LMU School of Nursing |
| ➤ Healthy Communities | ➤ Mental Health Association of East Tennessee |
| ➤ Healthy Living Expo Magazine | ➤ Mercy Health Partners |
| ➤ Junior League of Knoxville | ➤ Metropolitan Drug Commission |
| ➤ KCHD Epidemiologists | ➤ RHAT |
| | ➤ Rural Metro Fire Department |
| | ➤ Safe Kids Coalition |
| | ➤ Safe Routes to School Coalition |

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| ➤ SmokeFree Knoxville | ➤ United Healthcare Community Plan |
| ➤ Subway | ➤ United Way of Knoxville |
| ➤ TENNder Care | ➤ University of Tennessee Cancer Center |
| ➤ Tennessee Commission on Children and Youth | ➤ University of Tennessee Extension |
| ➤ Tennessee Quit Now | ➤ UT College of Nursing |
| ➤ Tennessee School Health Coalition | ➤ UT College of Veterinary Medicine |
| ➤ Tennessee Smokies Baseball | ➤ UT Nutrition Department |
| ➤ Together! Healthy Knox | ➤ Volunteer State Health |
| | ➤ Women's Basketball Hall of Fame |
| | ➤ YMCA of Knoxville |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Mile Run/Walk, parent workshops, Healthy School Teams, health fairs, healthy fundraising, after school fitness and nutrition clubs, cross country teams, Run for the Schools, after school walks for families, cooking classes, monthly activity calendars, Walk to School Day, and washing training for students, and school Gardens. Currently, 556 parents are collaborating with CSH.

Students have been engaged in CSH activities including Healthy School Teams, promoting school-wide physical activity, Youth Health Board, Youth Health Conference, Photo-Voice projects to improve the built environment for active living, healthy fundraising and community service. Approximately 139 students serve on Healthy School Teams, 7,908 participate in student-led health activities, 25 serve on the Youth Health Board and 175 assisted with school health screenings for a total of 8,247 student partners working with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Knox County School System, the following health interventions have taken place:

In 2010-11, 11,060 School Health Screenings were completed and 3,955 students were referred for a BMI outside the healthy range, 613 for an indication of high blood pressure, and 160 for Acanthosis Nigricans. All students were referred to health care providers;

84,447 students have been seen by a school nurse and 48,912 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Results of 2010-11 BMI screenings of students in grades K, 4, 8 and 10 indicate that 35.6% were overweight/obese and 18.7% were obese (11,060 students screened). In 2008, a Random Sample Survey of grades pre K-grade 10 was conducted and revealed 39.6% were overweight/obese and 21.8 % were obese. Be advised that the 2010-2011 screenings and the 2008 samples included different grade levels with a different sampling design so direct comparisons should be undertaken with caution. However, the trend seems to be moving in a positive direction.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness equipment for student and staff work-out facilities, physical education equipment, playground improvements, and evidenced-based curriculum such as the Take 10! and Michigan Model curricula;

Professional development has been provided to counselors, physical education teachers, nurses, classroom teachers, and Healthy School Team Leaders. Examples include classroom physical activity, stress management, School Health Index training, asthma education, smoking cessation, healthy lifestyle programs for staff and students, violence prevention, bullying prevention, food guide pyramid, Take 10! and Michigan Model training;

School faculty and staff have received support for their own well-being through stress management, an 8-week healthy lifestyle program, physical activity opportunities, smoking cessation classes, and health screenings.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, Planet RX with the Metropolitan Drug Commission, dog bite prevention, water safety, and asthma education;
- Physical Education/Physical Activity Interventions – Take 10!, GoTrybe, classroom energizers, before and after school physical activity clubs;
- Nutrition Interventions – MyPyramid Color Bars Program, Go/Slow/Whoa Game for K5, Go Healthy Challenge, TNCEP and SPIFFY, and the Cardiac Cardinals afterschool fitness and nutrition Club;
- Mental Health/Behavioral Health Interventions – staff development through the annual Skills to Deal Summer Conference.

Student leadership in health is fostered through the Knox County Youth Health Board, a partnership between Coordinated School Health and the Knox County Health Department. Students representing KCS public high schools, private schools and home schools participate annually through meetings held August-May. Projects have included public health awareness campaigns focusing on tobacco use and bullying prevention, recommendations to the Superintendent to deter violence in schools, community service projects for Coats for the Cold and the Family Justice Center, and recommendations to the County Mayor's Office to improve the built environment for active living.

In such a short time, CSH in the Knox County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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